

"IF" For Runners
Adapted from "IF" for Swimmers
Adapted from "IF" by Rvoyard Kipling

If you can keep your spikes when all about you
are losing their's and blaming it on you;
If you can force a smile, when others pout,
you show some class and yes, maturity too.
If you can wait for your event with knowing
and purpose and optimism high,
And take the time to concentrate on going out
and striding well - or know the reason why.
If you can dream and then get busy doing,
If you can think and keep your thoughts o.k.;
If you can visualize the goals which you're pursuing
and know you will acheive them, come what may.
If you can bear to feel the pain of working
beyond the point you thought you could endure,
and run your miles with diligence, not shirking
and recognize that your improvement will be sure.
If you can make one heap of all your winnings
and start out fresh with every meet you enter,
aware that each success has its beginnings within
you - Burning at your very center.
If you can force your breath, strength and muscle
to flow and build beyond your wildest hopes
and with commitment and conviction - really hustle
feeling sure - although your body gropes.
If you can see your coach as someone fine,
whose fondest wish is for your greatest good
and when it seems he makes you toe the line,
Realize that he is acting as he should.
If you can build within yourself a fire that glows,
and keep it, even though it's just a glimmer
then, you will reach the goals which you desire.
And what is more, My Friend, You Will Be A Runner.